



## Bipolar symptoms: a self-administered checklist

### Depression

Has there ever been a period of time when you were not your usual self and you experienced five or more of the following:

- |  |                              |                             |
|--|------------------------------|-----------------------------|
| Felt sad, blue or down in the dumps?                     | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| We're uninterested in things?                            | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Lost or gained more than 5% of your body weight?         | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Slept too much or too little?                            | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Were slowed down or sped up in your movements?           | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Felt fatigued or low in energy?                          | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Felt worthless or very guilty about things?              | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Were unable to concentrate or make decisions?            | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Thought about killing yourself or making plans to do so? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |

### Mania or Hypomania

Has there been a period of time when you were not your usual self and you:

- Felt so good or so hyper that other people thought you were not your normal self, or you were so hyper that you got into trouble? Yes  No
- Were so irritable that you shouted at people or started fights or arguments? Yes  No
- Felt much more self-confident than usual? Yes  No
- Got much less sleep than usual and found you didn't really miss it? Yes  No
- Were much more talkative or spoke much faster than usual? Yes  No
- Had thoughts racing through your head or couldn't slow down your mind? Yes  No
- Were so easily distracted by things around you that you had trouble concentrating or staying on track? Yes  No
- Had much more energy than usual? Yes  No
- Were much more active or did many more things than usual? Yes  No
- Were much more social or outgoing than usual: for example, telephoning friends in the middle of the night? Yes  No
- Were much more interested in sex than usual? Yes  No
- Did things that were unusual for you or that other people might have thought were excessive, foolish or risky? Yes  No

If you checked yes to more than one of the above, have several of these ever happened during the same period of time? Yes  No

How much of a problem did any of these cause you—like being unable to work; having family, money, or legal troubles; getting into arguments or fights? Please tick one response only:  
No problem  Minor problem  Moderate problem  Serious problem